

Antar Tratak Meditation and Drishti Yoga

~ Its use in uncovering the True Self ~

The ancient Yoga technique of Tratak [fixed gazing] stops the activity of the mind. When the eyes are completely fixed, the mind is completely stilled.

The following excerpts are pointers toward a method of Yoga [Union] which utilizes inner fixed gazing [Antar Tratak], to experience Awareness watching Awareness. This method is variously called Driṣṭi Yoga, Drishti Yoga, Sambhavi Mudra, Bhrukuti-Drishti.

“The saints, prophets, sages, all radiant and all benevolent beings are myriad physical manifestations of the Divine Powers on earth. Fixing their image in the mind (Mānas dhyāna; focus on a divine form) facilitates concentration of the mind and prepares it to enter into the inner subtle realms. In order to enter into the subtle realms, one must take support of the subtle element. One should therefore, practice taking support of the subtle (non-material) element. Subtle support is “the infinitesimal point”. This point is visualized in the middle of two eye-brows. The infinitesimal point is also known as the subtlest of the subtle forms of God. Bindu (point) is defined as an indivisible point. It is too minute to be drawn or indicated in any physical way. Driṣṭi yoga, the yoga of vision is concentration on (literally “seeing”) this infinitesimal point. Driṣṭi is the power of seeing. By uniting the beams of vision of both eyes, and focusing on a single point in the center and concentrating the mind on that point single pointedness is attained. This is known as Driṣṭi Yoga. In this practice it is advised neither to focus forcefully nor manipulate the eyeballs in any manner. The saints teach specifics of this yogic technique. By this practice the inner divine vision is opened. This is beyond the sensory dimension of seeing.”

Excerpted from *Introduction to Harmony of All Religions*
Point of Departure
By Shri Santsevi Ji Maharaj

“The light of the Universe, the light of God is to be found by opening your Third Eye. By focusing your awareness within your Third Eye [eye of shiva, Gods Eye] all will be revealed to you. You will see your energy in movement, all of your colors will float before your eye of wisdom. If your concentration is strong and pure you will pass through the circle into the pure white light of pure consciousness. If your concentration is pure and strong you will discover the void beyond the light.....if your only desire is for God. Someone running these words by you is not enough...you must discover and experience this for yourself. You must realize that you are pure consciousness. This is all beyond what your mind can comprehend, beyond what you could think about to understand.”

Excerpted from *Meditation – In The Stillness Of Your Soul*
By the Baba Institute
<http://www.babainstitute.org/meditation.html>

The experience 'here' using the inner fixed gazing in a no-thought, closed eye meditation, looking outward as if looking through the closed eyelids, slightly upward, towards an imagined fixed point, is quite similar to the above:

- Seeing visions of the inner light and colors, moving, swirling and pulsating, combined with overall relaxation in following the breath [relaxation which seems to come in waves, a sense of feeling like 'falling']
- The inner colors and light seem - after some extended period of meditation - to lessen, then ultimately to drop away, revealing what seems to be [like] a 'screen' across the entire field of vision....

It is something like looking through a frosted glass, illuminated with bright but diffuse pure light. [On occasion there is a physical sense of exhilaration or bliss when reaching this.]

- * an opening in the 'screen' appears, and the attention moves instantly to an un-dimensional 'space' where the 'me' disappears altogether:

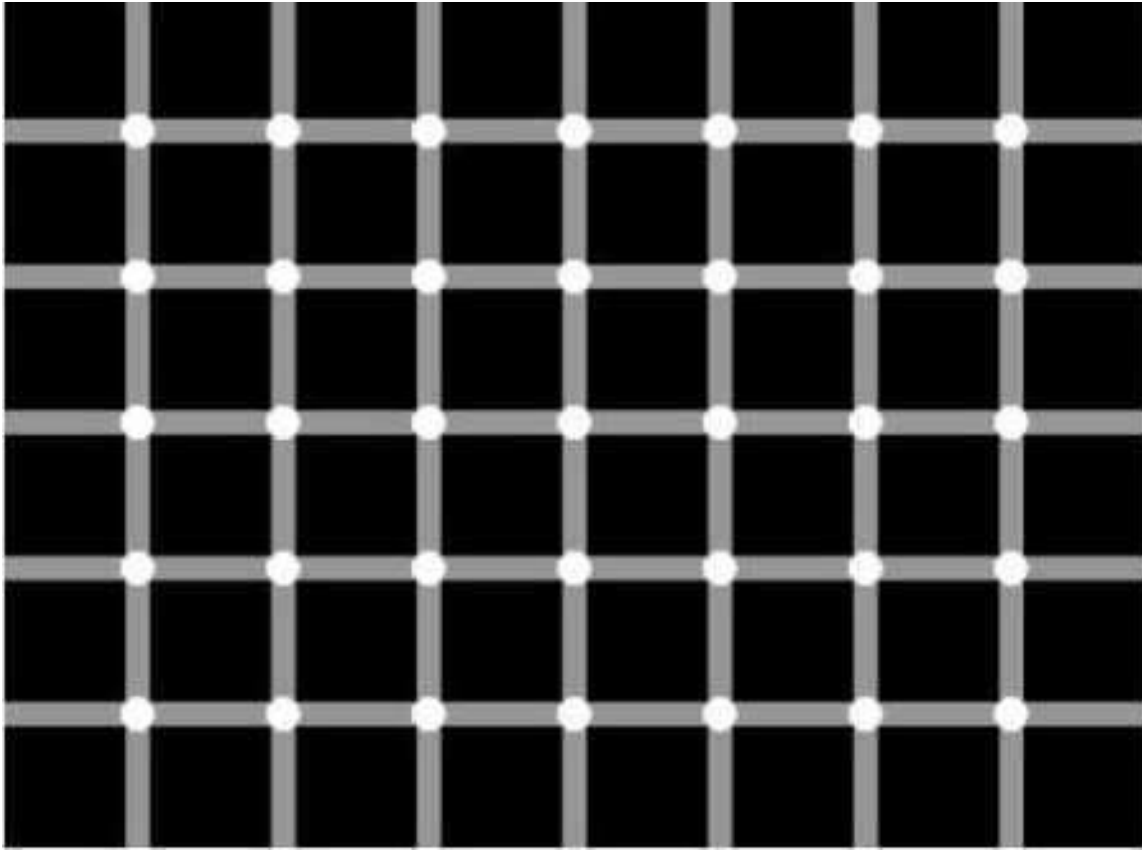
a 'space' of no vision of objects, of no-time, no-thoughts, no-feelings, no-boundaries, no-observer and no-observed, no-'me'...

a 'sense' of being unbounded, infinite yet everywhere present, a 'sense' of complete emptiness yet absolute fullness, a sense of perfect loving caress, comfort, and safety, a sense of absolute 'home'.

[in truth, any words I might use cannot adequately capture this uncontainable sense of 'IS' or 'IS-ness']

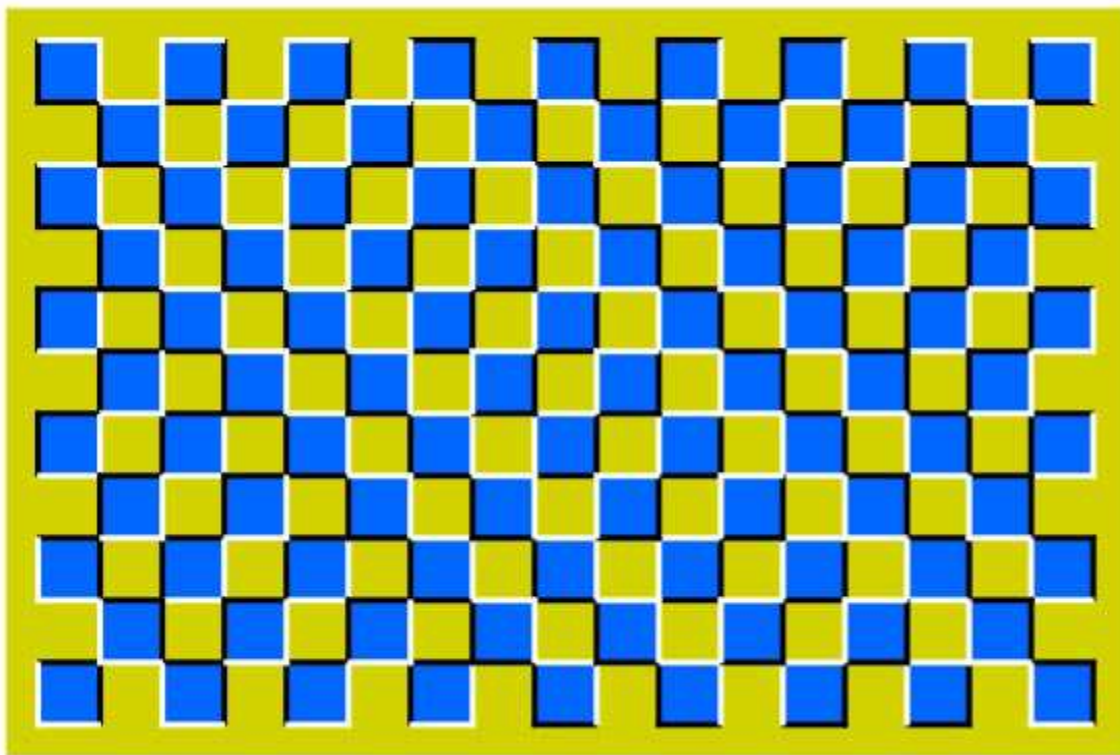
* Please note: the 'final phase' of this [process] cannot be forced, cannot be attained. One cannot storm the gates of heaven. It appears, only when there is no longer any intention to gain it or achieve it, after all thought of attaining anything at all....is completely abandoned.

Here are some easy [outer] examples to see how Tratak stills the mind.....



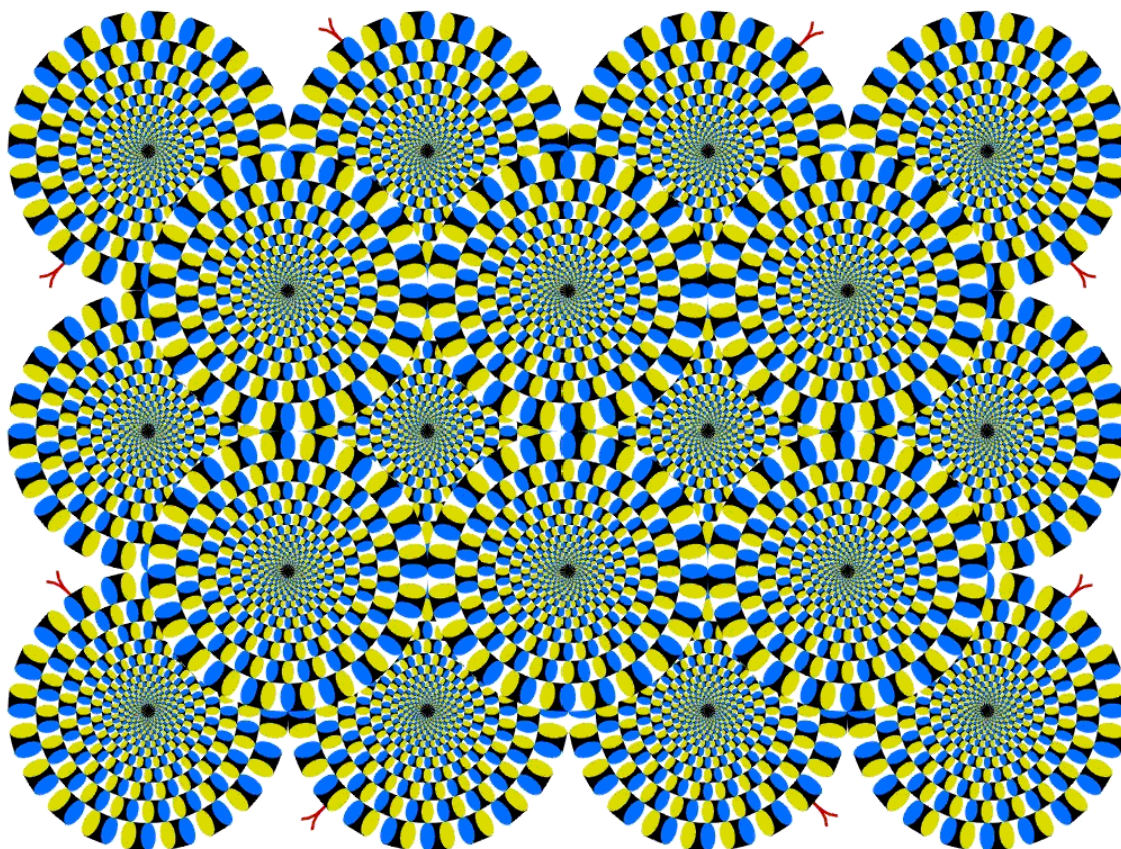
The wandering mind sees moving 'white dots' and 'black dots' at the corners of the dark squares.

Focus completely on a 'white dot', and all the 'black dots' and movement disappear ☺ as mind is stilled.



The wandering mind sees 'waves' of depth and movement in this.

Focus completely on any single square and the waves all disappear 😊 as mind is stilled.



The wandering mind sees whorls of motion and activity in this.

Focus completely on one of the center black dots and all motion ceases ☺ as mind is stilled.



The first thing is to stare without any blinking, continuously for thirty minutes; and the whole consciousness must come to the eyes. You must become the eyes. Forget everything - the whole body; just be eyes and continually stare without any blinking.

The consciousness centered in the eyes leads you to the peak of being tense - the climax of being tense.

The eyes are the most delicate. That is why they can be more tense than any other part, and with the eyes in a tension, the whole mind is tense.

The eyes are just doors to the mind.

When you BECOME the eyes, the mind goes up and up to the climax, and from that climax to fall down, is to fall down into the abyss of relaxation.

So Tratak is to create one of the most tense peaks in the consciousness through the eyes.

Thinking will stop automatically, and by and by, as you proceed further, the consciousness becomes more centered in the eyes.

You will just be aware. There will be no thinking, because eyes cannot think. No thinking is possible with the eyes.

When the whole consciousness is centered in the eyes, mind has no energy left for thinking.

Mind just stops thinking; and the moments your eyes want to blink, these are the moments to be avoided, because the mind is trying to get energy back to think.

That is why constant string, fixed staring, is needed.
Even a movement of the eyes gives energy to the mind.

So, do not move the eyes.

FIXED STARING!

When you are staring with no movement of the eyes, the mind is also fixed. The mind moves with the eyes, and the eyes are the outer parts of your face; the other extreme which goes out. Eyes are just part of the brain, the other extreme. Eyes are the doors - the doors that belong to the inside mind and also to the outside world. If the eyes are totally fixed, the mind really stops. It cannot move.